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## THE VULCAN RUNNER

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JULY 2013

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By Tanya Sylvan

I have wanted to write this post for a long time now. Ever since I moved to Birmingham and ran downtown for the first time, I've had a certain affection for this tired and worn down, yet blossoming city. And it's my favorite place to run.

**I Run This Town**

-Continued on Page 2-

Don't get me wrong—it's not that I don't like running through the perfect neighborhoods of Homewood and Mountain Brook. They're just so...boring. Houses, trees, car-dodging—they're Anywhere, USA. Running downtown is an adventure, an opportunity to appreciate Birmingham and its grungy beauty. In a span of 13 miles you can get from one side of the city to the other, running past old and new, soaking in 360 degree views of the skyline and the surrounding hills.

Last Friday I ran my long run downtown with some runners in my group—we started at the end of Highland Park and ran the Mercedes Marathon route. I of course took pictures as we went, and we had some fun and beautiful photo ops.

I know the majority of my readers are from Birmingham, but for those who aren't, welcome to my city:

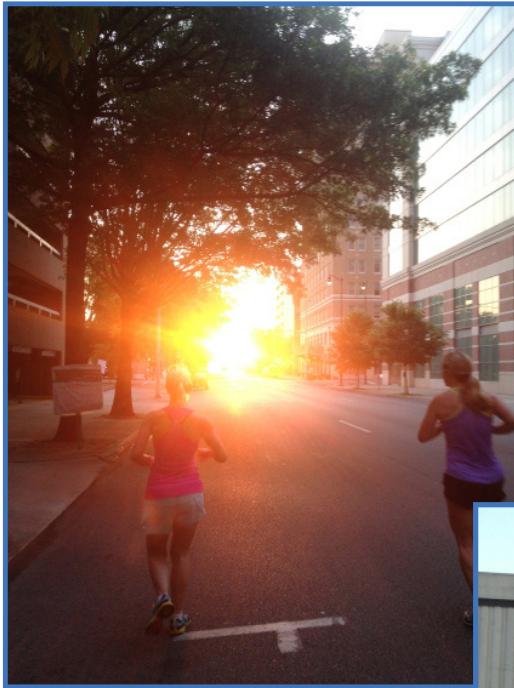
**Mile 1-3** Starting at the International Presbyterian Church, you run out of Highland Park and along the Highlands Golf Course with its rolling hills and manicured greens. A right onto Clairmont takes you in front of Piggly Wiggly and Los Amigos—both neighborhood staples and a tempting spot for a margarit—er, water break.

Run into historic Forest Park and you feel like you're in a different city altogether. There's a fun, artsy vibe as you run past Zoe's, Little Savannah, Silvertron Cafe, and Naked Art Gallery.

Two lefts bring you to the edge of Avondale Park, the former home of a zoo and the infamous Ms. Fancy, a beer-drinking elephant. Around the corner are some businesses that have turned Avondale around—Freshfully, Avondale Brewery, and 41st St. Pub. It's been amazing to watch such a run-down area become the new weekend hot spot.

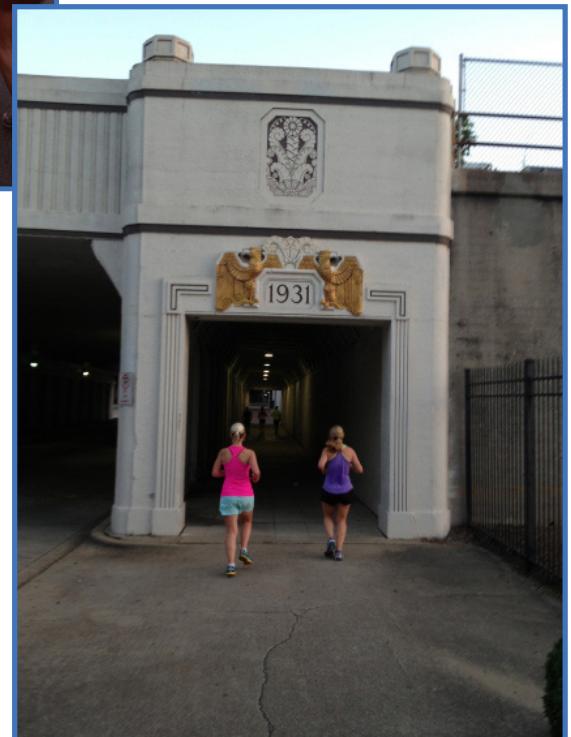
A mile down the road you hit Pepper Place—an old Dr. Pepper plant and warehouses that now house designer shops, restaurants, advertising boutiques, and a great farmers market on Saturdays. 2nd Ave S is the spot where you can drink pickle juice and beer at an aid station on Mercedes Marathon race day.

**Mile 4-8** Once you turn off 2nd Ave S and onto 20th St., you're in the heart of downtown. The tall buildings



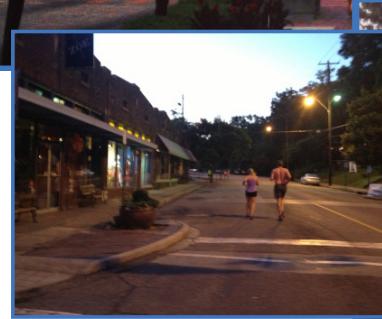
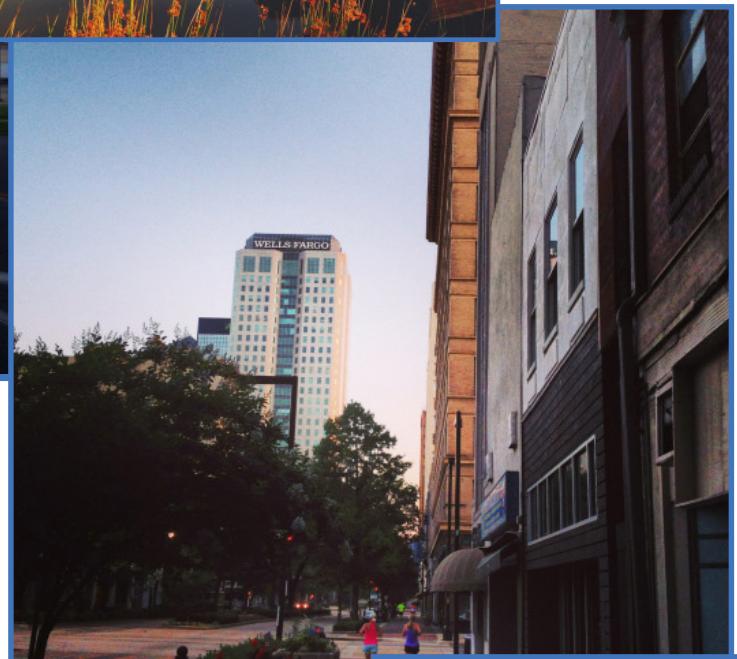
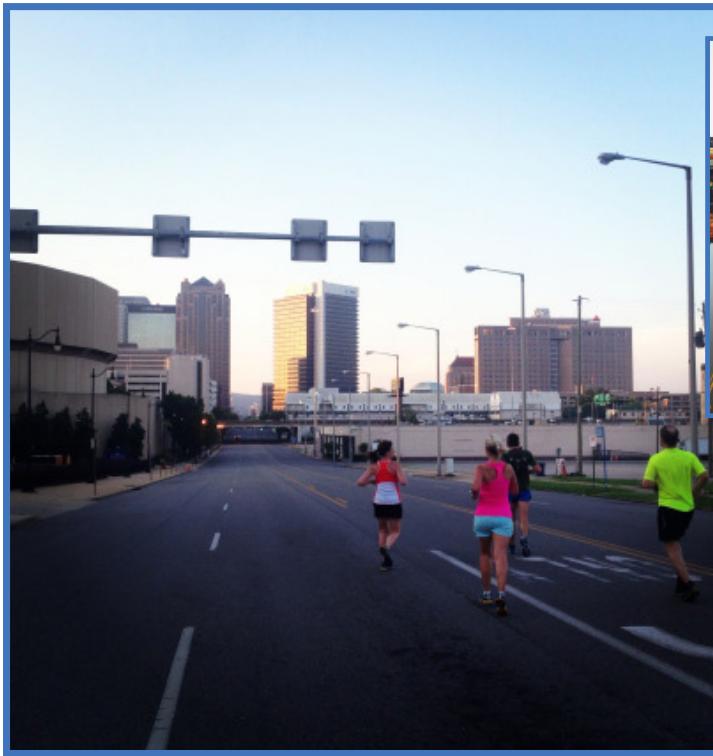
(I can't call them skyscrapers in good conscience) loom in front of you, pockets of thriving restaurants and abandoned storefronts line the street, and large trees create a canopy to run under, fulfilling my need to see some green on runs.

Running up the incline on 24th St. is always fun because I'm not as familiar with that part of Birmingham, so I soak it all in. It also takes you past the new Uptown District that centers around the new Westin hotel and will soon boast upscale stores, restaurants, and bars.



Running along 11th past the Oak Hill Cemetery and turning left onto 19th is one of my favorite spots on the route. You get to see the skyline from a different angle, and although it's small, it's pretty. I also enjoy running past Kelly Ingram Park, the 16th St. Baptist Church, and the Civil Rights Museum, and reflecting on how far Birmingham has come in 50 years.

The newest and coolest spot downtown is between miles 8 and 9 on our route—Railroad Park, Regions Field, and Good People Brewing Company. Railroad Park was once just old railroad tracks and was recently turned into a gorgeous park made out of all local and recycled materials. It won the Urban Open Space award and actually beat NYC's High Line (Zack's still bitter about this). Regions Field is a wonderful, brand new addition to the area, and Good People is my favorite brewery.



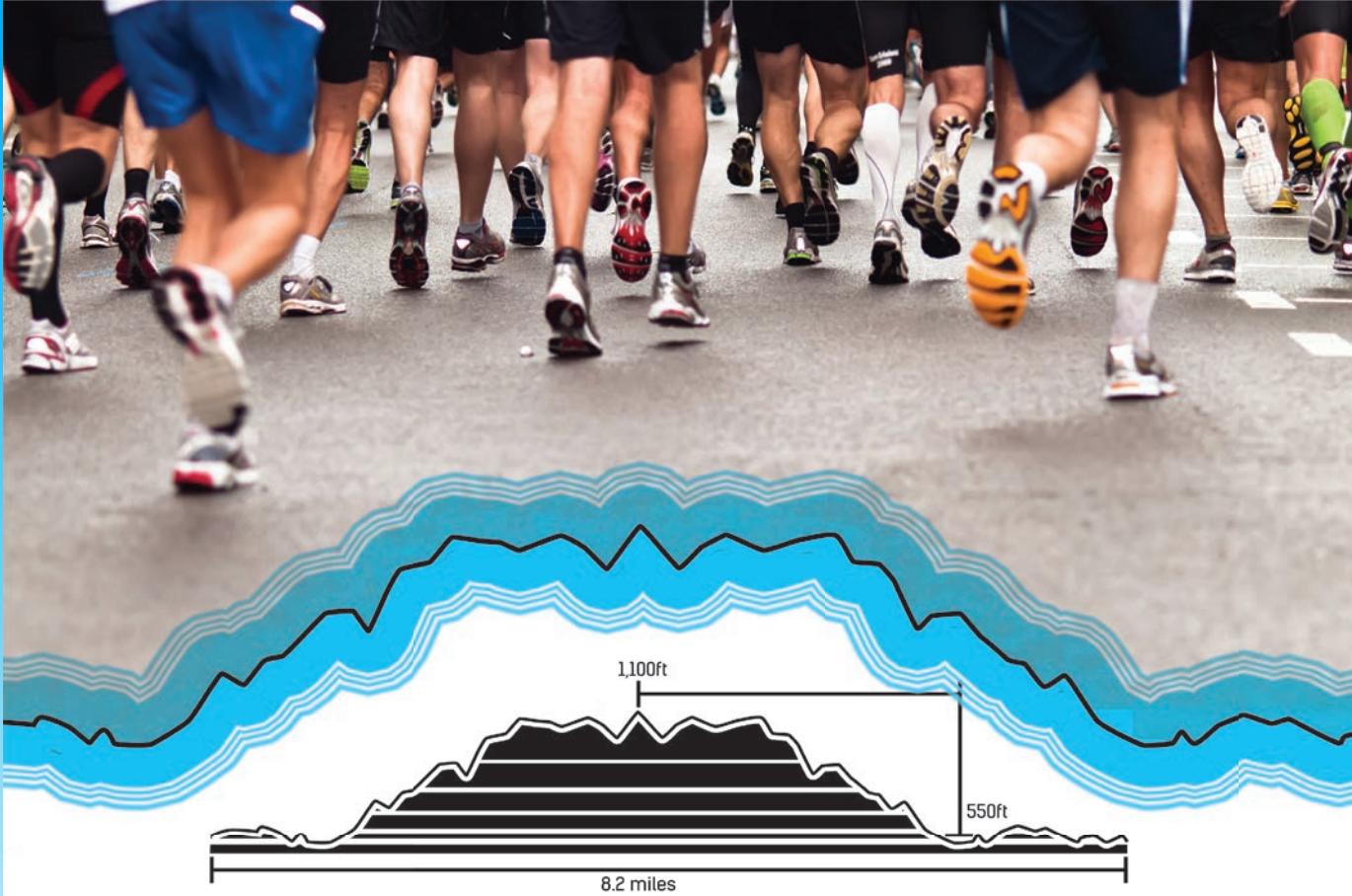
**Mile 9-13** Turning right onto 10th Ave S brings you into the Glen Iris neighborhood, home of Giuseppe's Cafe, the Italian joint I have yet to try but I hear is good, and St. George, a pretty Greek church that sits on a hairpin turn and provides a great spot for an ice bath.

Leaving the neighborhood and turning right onto 11th brings you face-to-face with the first of a series of hills that make you lower your head, plow forward, and wonder why you ever thought that Alabama was flat. Or at least that's what I do. The reward for reaching the top of 11th St. is coming into Five Points and being met with a cheering crowd if it's race day, or otherwise getting to witness the dichotomy of upscale restaurants and homeless people that occurs in every city.

Coming out of Five Points and back into Highland Park is another favorite section of mine—you run past pretty architecture, Taj Indian restaurant, over the Red Mountain Expressway with a clear view of Sloss Furnaces, and through three pretty parks. And then you can collapse at your car.

I'm a firm believer that you need to drive across the country to experience it, but you have to be on foot to really get a feel for a place. In a car you'd miss the fading ads hidden behind trees, or the sunrise peeking out from a tunnel. You wouldn't get to wave to the men at the Firehouse Homeless Shelter, or skip through the grass at Railroad Park.

So this is the Birmingham that I know and love. If you've never taken the time to explore Birmingham or your city, try running (or walking) it sometime for a new perspective. You may discover some new favorite spots of your own.



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## BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

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## Race Results

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# President's Message

— Jennifer Andress



## Happy 4th of July, BTC!

Are you getting fired up for this year's Rick Melanson Peavine Falls Run? You should be! Race Directors Alex Morrow and Mark Burris have a very fun Independence Day morning lined-up for you. Check out the full-page advertisement for details and head over to our website to get signed up!

And speaking of a fun morning, how great was the June 22nd BTC Social / Vulcan Run 10k Kickoff event at Vulcan Park? We had a picture perfect morning complete with challenging running routes, wonderful food and coffee, a bouncy house, a fun-run for the kids, a visit from V the Vulcan mascot, and a huge turnout! This was the biggest crowd we have had at a Saturday Social since we began these events last year. You all were in fine form, running hard and playing hard when you got back and we have received nothing but positive feedback from the event. It is you, the BTC membership, which makes these events possible. Thank you for your support and we cannot wait to plan out the next event.

I personally want to thank our friend from Vulcan Park, Cristina Almanza, for being such a pleasure to work with. Cristina helped us develop the "Vulcan Run In Training" shirt which we began selling that morning. I have been doing BTC merchandise for more than a year and I can say without question that has been our most popular item. Proceeds from the sale of this shirt will go to Vulcan Park to build a connector trail from the upper part of the Park to the trail down below where we held our Kids' Fun Run. We are continuing to sell this shirt and more quantities have been ordered. In addition, be on the lookout for a check presentation from the BTC to Vulcan Park to begin work on the connector!

I also want to say thank you to BTC Social Chair Burt Chandler and his Social Committee. Burt and his fine folks were invaluable in ensuring our event went smoothly. Thank you also to BTC Long Run Coordinator Natalie Ferguson for coming up with such great routes and securing our wonderful water-stop sponsors.

We also gained dozens of new members at our event. Welcome to the club! Because the BTC is growing so

quickly, we have added another officer to the Membership Committee. We want to welcome Jamie Witter as Membership Co-Chair. Jamie will be working closely with Dirk Guenster to handle all of your membership needs.

We were having such a busy and fun morning that I unfortunately overlooked one of the purposes of such a large member gathering. BTC Past-President Brad Clay has been working with our Parliamentarian, Michael Tucker, to update our original by-laws to better reflect how our club operates in this day and age. They did a wonderful job and the plan was to get a member vote at our Social. Well, I forgot! To make up for this oversight, Dean Thornton has posted the proposed new by-laws on our website for you to examine. We will then call another meeting for the purpose of voting on these proposed updates later in the year. Stay tuned, and I promise this time I will not forget!

Speaking of things I did not get to, I was unable to attend the Mt. Brook Parks and Recreation Board meeting in June to propose a BTC marker on the new water fountain we funded on the Jemison Trail, but I plan on being there in July. I did, however, follow up with Representative Paul De Marco about the pedestrian bridge on Hollywood Blvd. Representative DeMarco was kind enough to attend the June 22nd Social with his wife Jacqueline. He even helped distribute door prizes! He has told me that plans for the bridge are progressing and that applications from the three participating cities, Homewood, Birmingham, and Mt. Brook, have been submitted to the Alabama Department of Transportation for the grant money to complete the project. Representative DeMarco expects to have a better idea of the status of the project by August 1st.

In other news, the BTC and our Race Co-Coordinators are excited to bring you the Triple Crown Half Marathon Challenge once again. We have a new Race Co-Coordinator to introduce you to. Please join me in welcoming Kemper Sarrett to the BTC and to our Executive Committee. Kemper comes to us from Mobile where he worked extensively on the Azalea Trail 10km and 5km. We are excited to have his expertise joining our club! Check out our website for more information on the Triple Crown Challenge.

I look forward to seeing all of you at the Peavine Falls Run on July 4<sup>th</sup> and again at our July 18<sup>th</sup> social at the Birmingham Barons game! This year is going to be a great deal of fun and we hope you are as excited as we are. Thanks again for your participation and your support. None of this would be possible without you!

Want to join us on one of our committees? Send me an email at [president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com) and I will hook you up!



# PLAYLIST

## Fartlek

—By Kile Putman

Work: String Quartet in C Minor, Op.3

Composer: Joachim Nicolas Eggert

Artist: Salomon String Quartet

Label: Musica Sveciae

Format: Compact Disc

Released: January 1, 1992

Genre: Chamber Music

A bold rising motif, initially stated in unison, opens the String Quartet in C Minor, Op.3. Alternating with a softer, almost tender theme provides a lovely contrast with the more forceful opening... The result is an ambitious, satisfying 1st movement.

Although the gentle 'Adagio' that follows primarily highlights the melancholy voice of the 1st violin, there is a marvelous walking bass line. Full of pregnant pauses, the elastic tempo taken by the Salomon Quartet allows them to deliver a prayerful reading.

Resembling the opening motif of the quartet, a powerful upward leaping theme jump-starts the dancing 'Minuetto'. In the midst of this rustic sounding 3rd movement, watch for repeated strummed notes, reminiscent of a Swedish ukulele. The final 'Allegro' is vigorous and sparkling, with an intricate development of the initial motif as the quartet races to a pleasing conclusion.

-Unsigned Review

Swedish composer Eggart was able to put together a random pattern that is similar to the playful model of countryman Gösta Holmér. A method of training runners that combines continuous training with interval training was developed by the Swedish coach in 1937. Fartlek, the Swedish word for ‘speed play’, is simply a workout in which the runner’s pace is varied throughout the run. The amount of time of the faster running and the following recoveries is completely random and unplanned. The unevenness of the pace stresses both the aerobic and anaerobic systems.

The pace of the fartlek run can vary from a brisk walk to a full sprint. Any course is acceptable as changing terrain can only assist in adding additional training stimulus. Fartlek can be run on the roads or the trails, up and over the hills, along a flat beach, around a golf course, through a city park- or even on a track. Fartlek isn’t carefree running but it is unencumbered running that focuses on conditioning quickness and endurance in the same workout.

In keeping the true sense of ‘play’ fartlek should be unstructured. The distance of the accelerations and recoveries can be from utility pole to utility pole, every third mailbox, from this corner to the next or any other random marker. It is not necessary for any of the work and recovery distances to equal any other section.

Some runners misunderstand the important play aspect of ‘speed play’ and become dependent on a watch to monitor these runs. They will enter a preplanned series of accelerated running with recovery segments at a slightly slower pace, a jog or even a walk. This is a structured interval session based on time as opposed to the more common distance based workout due to its lack of free play. Fartlek runs are to be completely unstructured- go out and have fun running naturally!

Fartlek workouts are ideal as preparation for more structured interval training. A few weeks of random fartlek sessions can progressively introduce faster running to get the body comfortable with the pace for the more structured interval regimen to follow. I like to add fartlek runs to the base training phase as not to neglect all faster running during the time of increasing mileage. Fartlek workouts can also be used as a replacement for a track

interval session when you are in a time crunch or if your body is mentally or physically too tired to run fast.

*Kile Putman warns that runners should stay safe and be aware of their surroundings by keeping a reduced volume level when running with music. A USATF certified Track and Field coach, he can be contacted at kputman@bellsouth.net for personalized instruction.*





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# MOST IMPORTANT MEAL OF THE DAY

— Sandra Koulourides



Through my nutrition practice, I have learned that people are not that different. We all seem to make the same mistakes. One of those mistakes is the lack of attention that is given to breakfast. You have always heard “breakfast is the most important meal of the day”...and guess what? It Is! An inadequate breakfast can mess up your eating for the rest of the day. No wonder people who eat a good breakfast are more successful with weight loss and are thinner than non-breakfast eaters.

So why is breakfast so important? Well, for many reasons...First of all, your body is ready for fuel. It just got you through an overnight fast and its' fuel stores are low. If you do not give your body what it wants/needs, it will make adjustments to preserve itself. So if you don't give it “gas”, instead of breaking down (like a car would), it slows down. Not what we want or need. Breakfast basically jump starts your metabolism. Secondly, when you do not eat breakfast, or do not have an adequate breakfast, you will end up eating those calories later in the day, which is when we really do not need those extra calories.

So what is a good/adequate breakfast? There are several things to keep in mind. . First of all it should have at LEAST 300 calories. As with all meals, it should have a balance of carbs, protein and healthy fat. Carbs for fuel, protein for building blocks, and healthy fat to give the meal some staying power. It is easy for people to get carbs in...cereal, toast, fruit, yogurt etc, but it is hard to get protein and healthy fat into breakfast. Dairy products (milk, Greek yogurt, cottage cheese), eggs and peanut butter are a good way to get protein into breakfast. You could also change to a higher protein cereal (Kashi Go Lean Crunch - 9 grams protein/cup). To add healthy fat, you could add nuts to your oatmeal, cereal, yogurt, or put peanut butter or almond butter on your toast/waffle. It is all about balance. Your body needs all the big nutrients (carbs/pro/fat) for to stay healthy, strong and energetic.

Eating a balanced, clean breakfast gets your day started on the right foot. You will look and feel amazing when you give your body the fuel it needs. . Think about your habits and see what needs to be changed. You do not have to make all your changes at once. Small changes make a big difference. Check out the nutrition tip section for breakfast ideas.

## NUTRITION TIPS: BREAKFAST IDEAS

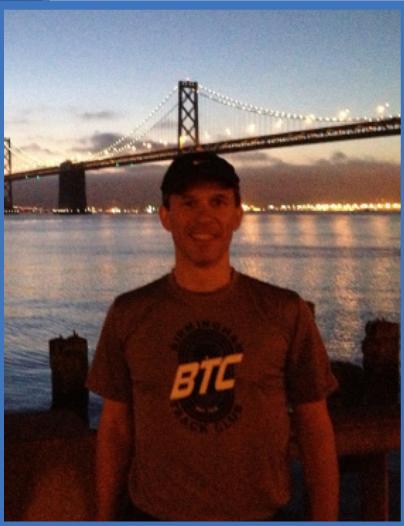
- 1. Kashi Go Lean Crunch cereal, chopped walnuts, Kefir/milk.**
- 2. Whole wheat toast (about 70-90 calories), 2 tbs peanut butter, milk or yogurt.**
- 3. Grab the Gold Bar ([grabthegold.com](http://grabthegold.com)), crumbled up, add walnuts, Kefir/Greek yogurt**
- 4. One egg, two egg whites, add veggies, a little cheese, put into whole grain wrap, or serve with whole wheat toast, fruit or milk. Can add 100 calories of almonds for good fat.**
- 5. Greek plain yogurt, add fresh fruit or cereal (or some of both), chopped walnuts.**
- 6. For more information on a “real food, real life” approach to eating, you can purchase my book **Fuel + Fitness: The Total Package**, on line at <http://fuelplusfitness.com>**

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# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Dean Thornton at the SF Half Marathon



Above: Michael Kieth, finished first in 25-29 age group



Kim Benner at the Hibiscus Half Marathon in Honolulu, Hawaii, Eric Benner is taking the photo!

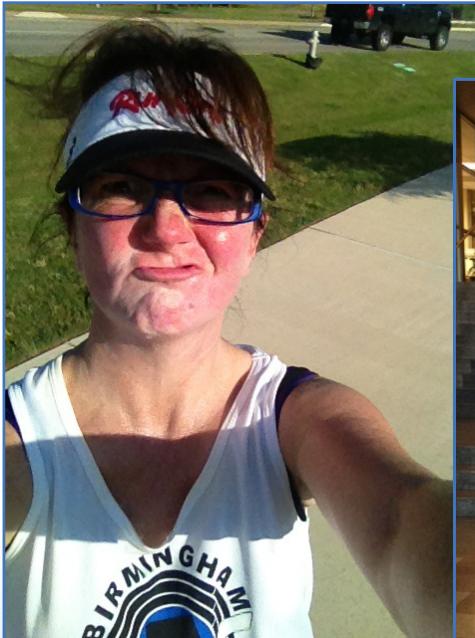


Left: Charline Harbison  
Michael Keith, and  
Jennifer Eidson at the LuLu's Hot Trot 5k in Gulf Shores



Betsy, Kayley, and Jim Krueger at The Whistler 10k Half Marathon. Whistler, British Columbia

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Katy Cassidy in Georgetown Sun City at the end of the W2D1 Bridge to 10K



Gus Malzahn, David Peacock and Jay Jacobs



Jim Pattilo in Las Vegas!



# ***SEND US YOUR PICTURES WITH YOUR BTC APPAREL***

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Email photos to:

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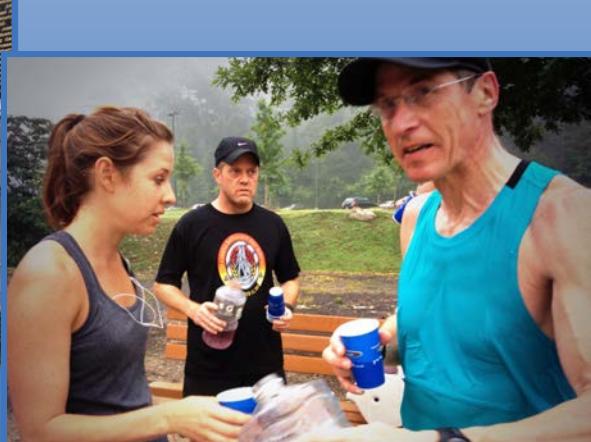
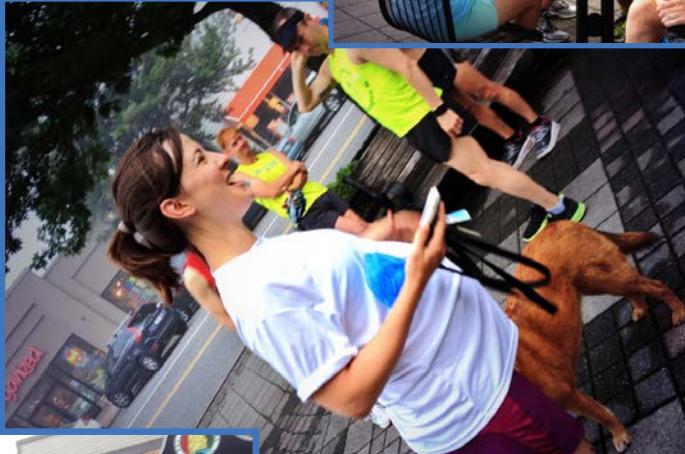


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# MY RUNNING STREAK

—Prince Whatley

Don't bother asking me how I feel when I take a day off from running, because I don't remember. My last day off from running was June 30, 2004. I first got the idea to start a running streak when I lived in Peachtree City GA. To provide a little background, I grew up playing soccer, and other than hunting, that was my only hobby/recreation all the way through college. Due to knee operations from soccer injuries, I almost never ran more than five miles at a time or two days in a row. Then in 2001 when I moved to Peachtree City, I just got caught up with the wrong crowd. The Darkside Running Club was just being formed in the minds of a handful of deviants, and I accidentally crossed over. One of the founders of the club, and current president, Scott Ludwig had a streak that was a little over twenty years at the time.

After a couple of years of running with these wackos I had built up to running six days most weeks and periodically getting in 70 mile weeks during peak training. But occasionally I ended up taking more days off than I'd planned for all the reasons everybody has for skipping a day. Several months before starting my current streak I did a hundred day trial streak. I wanted to have a definite end date to make sure I didn't get sucked into an obsession. I remember having mixed feelings about that streak ending. I remember feeling tired and my knees needed a break. But it had made every run a little exciting and meaningful. When I decided to start a streak with no predetermined end date, my main reason was to improve my consistency. A few years ago I asked Scott if he felt he'd gotten any training or racing benefit from his streak and he said the biggest benefit is that he doesn't have races that turn out to be an inexplicable "off-day." I would say I've found the same to be true for me. That's not to say I haven't had bad races, I have. I think the biggest benefit for me of maintaining a running streak is that although I occasionally have bad races, from a fitness standpoint, I have had some pretty

steady progress, and haven't had periods where I fell far from my PR's.

During the first year or so of my streak, I remember having some anxiety and sometimes dreams about accidentally missing a day. Now it doesn't even occur to me that I might not run. However there have been several times when the streak almost ended. In the early days, the biggest threats to the streak were late nights and heavy-handed bartenders, followed by early morning flights, appointments and full days. International travel requires a little extra planning but so far has not posed a serious threat. Other obvious threats to a streak are bad weather, injuries and sickness. I have run in heavy rain, lightening, deep snow and sub-zero

temperatures, however being in sales, mostly working from home, and usually setting my own schedule has occasionally afforded me the opportunity to move my run around to miss bad weather. I am most likely to do this to avoid lightening and tornadoes. As far as injuries go, I think I've had most of them. I've had plantar fasciitis, iliotibial band syndrome, strained/pulled muscles, and

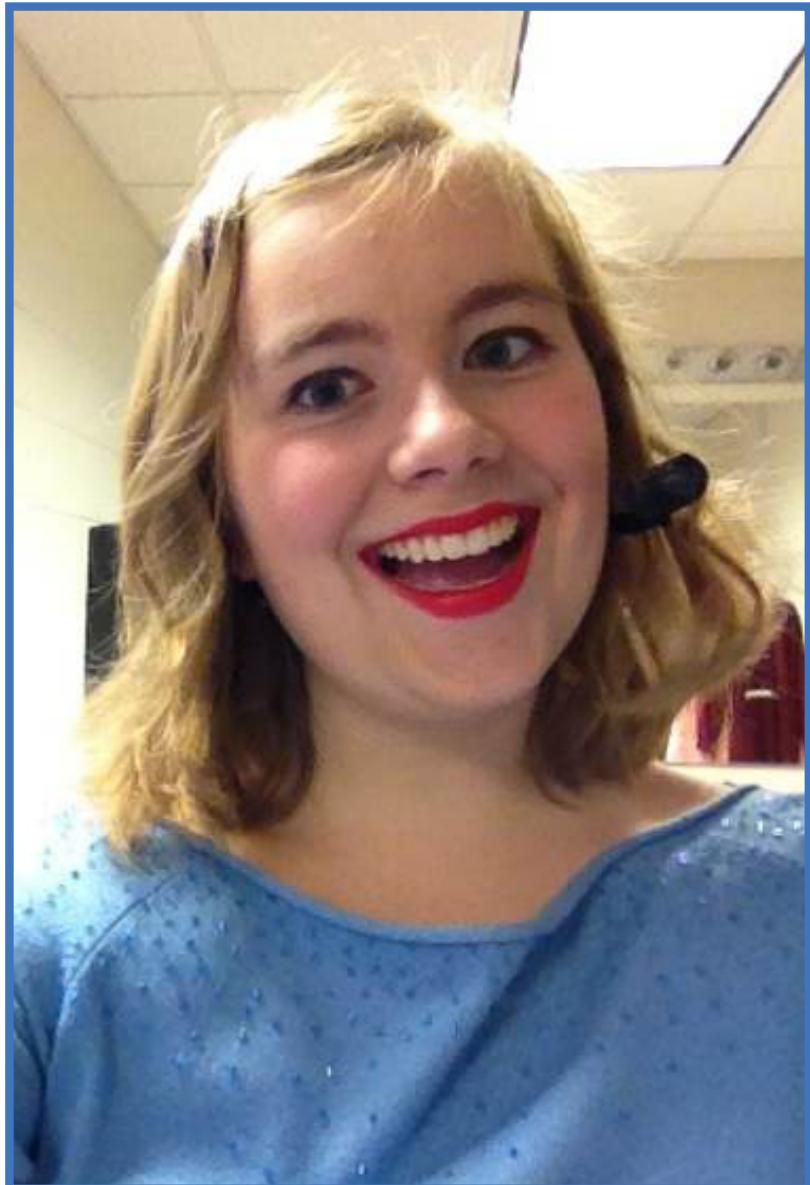
although the only diagnostic confirmation of a broken bone was in my wrist, I may have trained through a broken rib once and a stress fracture in my foot on another occasion. Right now I am recovering from what could be stress fractures in the metatarsals of both feet. I'm not sure. All I know is that Hokas have saved my streak in this instance. Several years ago when I thought I had a stress fracture in the side of my foot I was asking around for advice and I remember Jerry McGwin asking why I



would get an XRay. He said, “What are you going to do if it’s broken, stop running?” Good point. It will either get better or worse. So far my remedy for all running injuries has worked. First I back off on speed, then miles. One day this may not work, and I guess the streak will end. I think my method probably works for me because of the streak. My body has gotten used to running every day and my minimum 3 mile run where I walk two is like a day off and I get a lot of recovery.

The closest instances where I’ve come to ending the streak also involve the four asterisks to my streak. The first was the day after finishing my first hundred mile race in May 2007 at Massanutten. That race is so hard it has a 36 hour cut-off, whereas most hundreds are 30 hours. Massanutten took me 35 ½ hours. I started Saturday at 6:00 am and finished Sunday at about 5:30 pm. Monday morning when I woke up I could not support my own weight standing without leaning heavily on counters, tables and chairs. One of my legs was swollen so badly, it was almost the size of my thigh all the way down to my ankle. I actually thought I’d need a wheelchair at the airport that afternoon. I had accepted the fate of my streak before I’d fallen asleep that Sunday night and was at peace with it. Finishing my first hundred was worth it and at the time I had absolutely no desire to run again anyway. On Monday morning, leaning on the kitchen counter of the little cabin where I was staying, I managed to make a pot of Starbucks coffee using one hand at a time. While drinking the first cup I decided to try to make my way to the front porch. With a good bit of pain and determination I was eventually able to stand without holding onto anything. At some point through my second cup I was able to take a few steps and it occurred to me that my streak might just live another day. \*(Here’s where the first asterisk comes in.) The minimum requirement to register a streak with the United States Running Streak Association (USRSA) is to run at least one continuous mile. In the early years of the USRSA the definition of “running” wasn’t scrutinized too closely when it came to managing injuries, and I know that more than one person higher on the list than me has walked some miles to maintain a streak. The intent of the club is to register “running” streaks, not “walking” streaks. In the last couple of years as the membership has grown,

there have been some conversations on the Facebook page about what technically constitutes “running.” To make a long story short, the president of the USRSA told me that as far as he was concerned, my streak was still valid. So back to the story; that day after Massanutten, I managed to walk one mile. The following day I walked two miles and the day after that three. After that I employed my minimum three mile run with the middle mile jogging and the other two walking. A couple of years later a stomach bug almost ended my streak but in the afternoon I was able to carve out a few minutes between trips to the toilet to walk on mile. That’s the only time sickness has seriously threatened the streak. I have run through less severe gastro distress, headaches, fever, congestion, you name it. It’s not much different than running hung over. Not fun, but not impossible either; easier than the late miles of a hundred.



The near-miss that is permanently etched in my memory is the day after my younger daughter, Katie was diagnosed with leukemia, and to an extent, throughout her two plus year treatment. On Friday, November 3, 2006 I had planned to finish a business trip in Atlanta and then Holly and the girls were going to drive over from Birmingham to meet me so that I could maintain my Peachtree City 50K streak and they could spend the weekend visiting old friends and neighbors. Before they left town they were calling in a pain medicine refill for Katie, who'd been experiencing arthritis-like symptoms all summer. The pediatrician wanted to examine Katie first. After the exam she sent them to Children's Hospital. I found out about this when my flight arrived in Atlanta. The oncologist at Children's waited until I arrived to give us the diagnosis. Holly and I decided that she would stay at the hospital that first night and I would go home. I got home a little after midnight and realized that my house key was inside. I was locked out. After trying several ways to sleep in the rental car, I realized that I could go ahead and get my run in. I ran about ten miles that night and bawled like a baby. I guess you could say my prayer life was revived that night, but it started out with some screaming. I'm hoping HE understood. The following summer I joined TNT, raising money for the Leukemia & Lymphoma Society.

and I'm looking forward to getting to ten. But within the last year I've decided that the streak is more to me than a number or a rank on a list. For me, I just really enjoy running every day. When my streak ends I think I will take some time off from running every day, but at some point I'm pretty sure I'll start another streak. I've even thought I might decide to run 364 days per year, so that the pressure of maintaining the streak isn't there. Right now, I just run every day. Speaking of which, it's about time for me to head out the door.

### Gotta run...



So, is a running streak an addiction? Is it a bad idea? That first night after Katie's diagnosis I told myself (and later Holly) that I wouldn't let my streak get in the way of my responsibilities for Katie, or inconvenience anyone any more than usual. I was prepared to end the streak if it was the right thing to do. But everyone was very supportive, and running kept me sane. I remember running from Children's Hospital one Sunday afternoon to a Mexican restaurant because Katie wanted burritos, and I didn't have a car there. When your kid is going through chemo and they decide they're hungry for something, by God, you find it if you can. Maybe it is an addiction. I guess it depends on how you define it. But I think there are worse things to be addicted to. I recently reached nine years

Saturday 8 A.M.  
**August 24**



Benefiting IMPACT Family Counseling

**Homewood  
Central Park  
1632 Oxmoor Road  
Homewood, AL**

**For information, visit [impactal.org](http://impactal.org)  
or call 205-916-0123**



## 2<sup>nd</sup> Annual *Rock 'n' Run* 5K/Fun Walk

### Benefiting IMPACT Family Counseling

Saturday, August 24, 2013 at 8 A.M.

Homewood Central Park

1632 Oxmoor Road Homewood, AL 35209

**Race Information:** The *Rock 'n' Run* course has been designed to include scenic portions of the downtown Homewood area. This race will be timed and top male and female runners will receive medals. Race Central will be located just past the main bridge at Homewood Central Park.

**Registration and Packet Pick-up Information:** Early Registration accepted through Thursday, August 1, 2013. Please mail or return lower portion of this form to IMPACT or register online at [www.active.com](http://www.active.com) keywords: Rock Birmingham

Race Day registration begins at 7am at Race Central at Homewood Central Park. Early-registrants will receive a t-shirt at packet pick-up. T-shirts for those registered after August 1, 2013 will be available, while supplies last. Packet-Pick Up will be from 10am – 5pm on Friday, August 23, 2013 outside of The Trak Shak in Homewood & from 7-730am at Race Central on the day of race.

#### Early Registration through August 1, 2013

Ages 16 and Older: \$25

Youth (10-15) \$15

9 and under: Free

\*Virtual Runner: \$25

#### August 2, 2013 - Day of Race Registration

Ages 16 and Older: \$30

Youth (10-15) \$20

9 and under: \$5

\*Virtual Runner: \$25

\*Virtual Runners still have an opportunity to make an IMPACT and receive a t-shirt!

All runners/walkers should check-in at Race Central located past the main bridge at Homewood Central Park

**For more information** on the *Rock 'n' Run* for IMPACT Family Counseling, please call IMPACT 205.916.0123 or visit [www.impactmentor.org](http://www.impactmentor.org)

**Return entry form & make checks payable to:**

IMPACT Family Counseling 1000 24<sup>th</sup> Street South Birmingham, AL 35205

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Shirt Size: (circle one)    S    M    L    XL    2XL

**WAIVER:** IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE ROCK N RUN 5K AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS JEFFERSON COUNTY, CITY OF HOMEDOWD, IMPACT FAMILY COUNSELING/MENTORING, AND THEIR REPRESENTATIVES, EMPLOYEES, OFFICIALS, AND ALL RACE VOLUNTEERS, FROM ANY AND ALL ACTIONS, LOSSES, AND DAMAGES INCURRED BY ME OR ARISING OUT OF OR IN CONNECTION WITH MY PARTICIPATION IN THE AFOREMENTIONED ROCK N RUN 5K AND/OR FUN RUN EVENTS. I WARRANT THAT I KNOW THAT RUNNING A ROAD RACE IS POTENTIALLY A HAZARDOUS ACTIVITY AND THAT I AM PHYSICALLY FIT AND HAVE TRAINED SUFFICIENTLY FOR THIS EVENT.

Signature (Parent's Signature If under 18)

Date

# THANK YOU FOR MAKING AN IMPACT!!!

# DIRTY RUNNING

— David Tosh

Back in 2006, Marye Jo and I decided to go to Colorado and run a trail race called the Imogene Pass Run. At that point I had never run a trail race except the Tsali Challenge in North Carolina, an off-road triathlon with a 3 mile lake paddle, a 5 mile trail run and a 12 mile mountain bike ride in the Tsali Recreation Area on Fontana Lake. I am not counting the Peavine Falls Race since it only had about a mile of trail running.

We had been going to Telluride for years to ski but not in the summer so I decided I needed to learn how to run a race like that “pretty quick.” I had about 3 months to get ready. The run was only 17 miles long but it was a bit different from what I was accustomed to running. I decided to go to the expert, Matt Carpenter, 12 time winner of the Pikes Peak Marathon and a lot of other mountain races. A few years before, while hiking up the Barr Trail on Pikes Peak, this guy flew by us on a relatively steep section of trail and disappeared. When Marye Jo and I got to the top, (we cheated, we took the train down) we asked the person at the restaurant and gift shop who that was. She said, “Oh that was Matt Carpenter. He runs up to the top almost every day.”

The Imogene Pass Run starts in downtown Ouray Colorado at 7,500 ft. elevation and climbs to the top of Imogene Pass at 13,100 ft. over 10 miles. From the pass the trail drops 4,600 ft. over 7 miles to the center of Telluride. This is the most spectacular run I have ever done and even today, my favorite. It shares a portion of the Hardrock 100 course climbing up Camp Bird Road out of Ouray. The Imogene Pass Run was founded by a man named Rick Trujillo of Ouray while training for Pikes Peak. Rick had five consecutive victories in

the Pike’s Peak Marathon and 7 total wins. The race that climbs 7,500 feet over the 13.32 miles to the top where you turn around and head back down 7,500. He also held the speed record of 15 days, nine hours, 55 minutes-for ascending Colorado’s 54 of Colorado’s 14ers. (peaks higher than 14,000-foot) at age 47. He is still a pretty amazing guy. I have done trail work with him on several occasions for Hardrock and Marye Jo and I had the privilege of having lunch with him in Telluride. He still owes me a geology lesson. I intend to collect it in July.



*Imogene Pass Run, coming into Telluride on Tomboy Road ½ mile from the finish.*

I ordered Matt’s book on How to run Pikes Peak and learned a lot on how to run trails, run up hill run downhill, pace etc. I will go over some of the advice he gave and some of what I have learned over the years. Some of it I learned the hard way.

## 1 Trail running in general:

**WATCH THE TRAIL.** This is the first lesson most new trail runners learn and sometimes it is an unpleasant lesson. Do I need to say more! Actually it took me a while to learn to pay attention and stay focused. I do fall a lot less now than I did when I started so I guess I am finally learning.

Walk up hills when you can walk faster than you can run. I first learned this lesson in the Statue to Statue Race going up Stone River. I would start walking where it really gets steep about  $\frac{1}{2}$  ways up. I noticed I was staying with or passing people that were still running. I also noticed that some of those that did run past me while I walked didn't get very far ahead and I would always pass them back "never to be seen again" on the next hill. Of course, this does not apply to those really fast guys up front. They don't walk anywhere in a run. (Exception) Last year I was the aid station captain for the Engineer Aid Station, mile 52 in the Hardrock 100. Engineer is located at 11,800 ft. after an 8 mile climb up from Ouray and, it is still 1.5 miles and 1,500 ft. to the top of the pass. Every single runner walked into our aid station, including Hal Koerner, Joe Grant, Dakota Jones, Karl Meltzer and Darcy Africa.



Dakota Jones and pacer hiking into Engineer Aid Station in the Hardrock 100

The shortest distance between two points is a straight line, most of the time but not all the time. Or perhaps I should say the shortest distance between two points is not always the most efficient route. While running up the red bike road to Tranquility Camp at Oak Mountain the other day I was going around a turn out in the middle of the road, not on the inside. Why would I do that, just to run a little further? Actually I was running the "path of least resistance." That is, the road dips sharply along the inside of the turn so that running that inside line would mean running flat for a few feet then having to climb up out of that dip using extra energy. By staying in the middle of the road the angle of climb never changed so I maintained a steady level of exertion. There was another problem with that inside line. There was loose gravel down there. Loose gravel and uphill do not mix. In fact, it is almost always inefficient to run on loose gravel anytime you are going up hill. Find solid footing and you will save a little energy.

Last year at the Grindstone 100 the trail literally follows the ridgeline for the majority of the race. That means you go straight up one hill and straight back down the other side, no switchbacks. Many of those climbs were extremely steep single track trail. At times I actually found it easier to zigzag back and forth up that single track than walk straight up. This is the kind of thing you just have to play by ear. When running uphill, you just have to figure out the most efficient course and pace for you.

While climbing up a steep section of trail and come up to a very steep section and find yourself trying to decide between one or two steps to get up, which do you choose? Compromise, Take Three! (From an article in Ultrarunning Magazine) When going uphill the primary goal is to conserve as much energy as possible. Keep your steps short and directly under your body. Big steps waste energy.

Another trick to avoid blowing out your quads climbing steep hills is to use a "Crossover" step much as a speed skater does while skating around the turns. Point your feet to the left about 10 or 15 degrees from center and walk or run up the hill bringing your left foot slightly

over you right each step. Repeat this for 20 steps then switch directions. Point your feet to the right and repeat the crossover step for 20 more steps. Alternate back and forth all the way up the hill. Exaggerate your arm swing on the side your feet are pointed. That is, when your feet point left swing your left arm in the same manner as a speed skater swings his or her outside arm, the side the skaters feet point to. When your feet point to the right, swing your right arm like a skater. What this does is shift the strain of climbing up the hill off the quad muscles you use so much in trail running and give them a little assistance for muscle groups used less frequently. (If you do more than 20 steps in any one direction you are immediately disqualified from the race and must go home.)

The Tahoe Rim Trail 100 has a particularly miserable climb up from the bottom of Diamond Hill Ski Resort. The climb is up a gravel road that goes straight up an intermediate ski run climbing 2,000 feet in 2 miles. I used this technique all the way up, 20 steps left, 20 steps straight and 20 steps right. We hit this climb at mile 80 (the second time around) and while using this crossover technique I probably passed 20 people going up the hill. It works!

Downhill miles are cheap miles. Downhill is a great place to make up some time. You use much less energy running down a moderate hill than on flat ground. It is estimated you use 40% less energy going down a hill than you burn going up that same hill. Remember though, things change dramatically as the hill gets steeper. You can trash your quads pushing too hard downhill just as quickly as going up. Just use good judgment.

On the subject of downhill, Matt had several suggestions on how to run downhill. To maximize speed, run the tangents. That is, cut across the shortest route around the turn. If it is a wide turn you stay to the inside edge. If the turn is a very sharp, "hairpin" turn, start wide, swing across the inside edge and then back out. This will allow you to maintain as much speed around the turn as possible. He even suggests grabbing a tree at the center of the turn and swinging around it to gain speed coming out of the turn.

Another of Matt's tips for running steep, fast downhill stretches. He suggests landing steps up against the side of rocks not on top of the rocks. If the rock is not firmly attached you are less likely to fall. He suggests running downhill is more of a "controlled" fall. Keep your weight forward so you feel you are on the verge of falling but not quite. (I think this is another tip for those really fast guys.)

Perhaps the single most important thing you can do running trails is carry a cell phone with you and tell someone where you are planning to run. If you decide to head off in another direction call someone and tell them. We need all the trail runners we can get and we sure don't want to lose any of you.

Like almost everything to do with trail running the trick is to just go out and try it. Learn were that line is between running uphill and walking uphill, practice running downhill, pick the rockiest places you can find and run across them. Time on the trail is the best training there is.

# The Run for Kids Challenge is This Saturday May 4th.

10K, 50K and 12 Hour Trail Races

**100% of proceeds go directly to Camp SAM**



Second Race in the Southeastern Trail Series.

Late Registration will be held Friday Afternoon, May 3rd, from 4:00 until 6:30 p.m. at Mountain High Outfitters on Hwy. 280, adjacent to Whole Foods. You may also register Saturday May 4th, at Oak Mtn. Park, from 6:00 to 6:45 a.m. for the 12 hour and 50K races and from 7:15 to 7:45 a.m. for the 10K. The 50K and 12 hour start at 7:00 a.m. and the 10K starts at 8:00 a.m. See our website for details: [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com) Hang around after the race for food and fun.

## **May 25th - The Memorial Day Trail Race**

6 and 12 Mile Trail Races - The climbing begins.

## **July 27th - Hotter 'N Hell Trail Race**

9 and 18 Mile Trail Races - Enjoy serious heat and some serious climbing - Oak Mountain State Park

## **September 27th, 28th & 29th. The Birmingham Stage Race**

3 Mountains - 3 Days - 53 Miles or 2 Days - (Saturday & Sunday)  
Friday - 17 miles, Saturday 16 miles, Sunday 20 miles

## **October 19th - Lord Cornwallis Surrender Race**

10 and 20 Mile Trail Races at Red Mountain Park

## **November 23rd - Tranquility Lake 50 K**

50K Trail Race at Oak Mountain State Park

## **Coming March 29 & 30, 2014 - The Lake Martin 100**

100 and 50 Mile Trail Races and 27 Mile Fun Run



# GET WELL SOON

— Greg Oliver

My daughter Katie recently spent 9 days in Children's Hospital. Her appendix ruptured and caused a significant infection that had to be treated with IV antibiotics. Anyone who has spent time like this in the hospital knows how difficult and draining it can be. Katie was at her college orientation weekend when the appendicitis hit, and she did not get to finish the weekend. She also had to miss a mission trip to the Middle East that she had been anticipating for over six months. Add that to the awful pain she experienced, and she had some pretty low days in the hospital. I wanted to try to cheer her up, but wasn't sure exactly the best way.

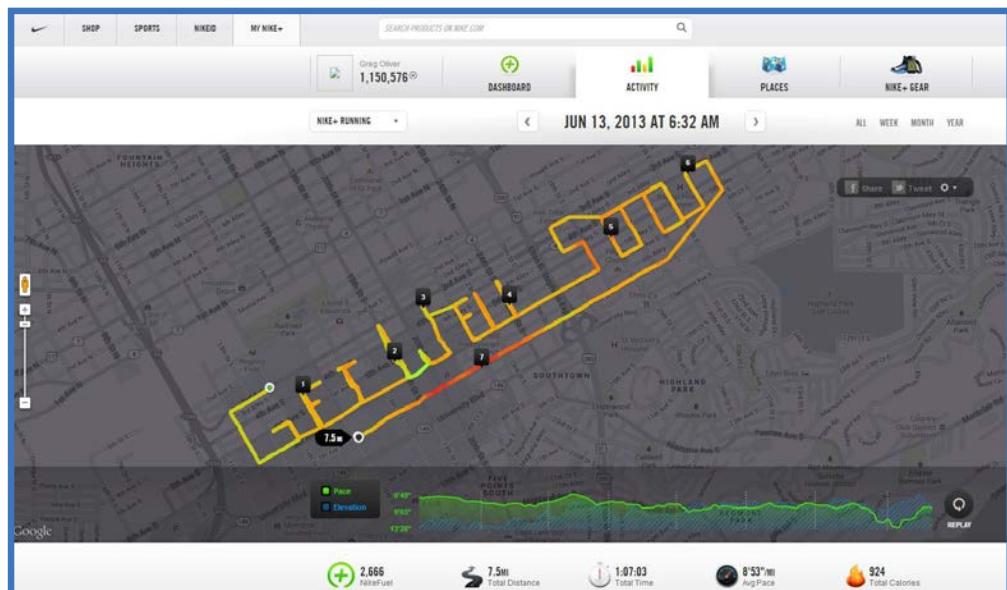
At the same time, I was letting my Facebook friends know about what was going on. In addition to something on my wall, I posted an update on the Norm's Gnomes page.

On one conversation thread, Alison Hoover commented, "I bet Cary will run with you and spell something at the same time on your GPS." BTC members will remember the "Will U Marry Me?" route that Cary Morgan ran and tracked in order to propose to Micah a few months back. I thought that was a great idea, and so I got online and came up with a route. Cary was out of town, so I had to run solo, but one morning while Katie was in the hospital, I ran about 9 miles (7.5 route + the in-between areas where I stopped my watch) in the grossest sweltering humidity, praying that when I connected my watch it would have worked. This is what I saw when I plugged in the watch...

Success! Katie isn't the most "emotive" person in the world, but this did bring a sweet smile to her face.

Another thing I have to mention is all the love we received from the Gnomes. Jennifer Andress jumped right in and offered to set up meals to be brought to us. What an amazing gift it was to not have to worry about going to the grocery store or worry about what we were doing for dinner! For two

weeks a different Gnome brought us dinner each night. Some were people I run with 3-4 times a week, but others were people I had maybe spoken with only once or twice. But it didn't matter, because in the running community, we have



***Success! Katie isn't the most "emotive" person in the world, but this did bring a sweet smile to her face.***

exactly that...community. People describe their "running family," and some people roll their eyes. They've never had an outpouring like the one we experienced. People from all different walks of life, but who have at least one passion in common, came together and reached out to my family in a way that we will never forget. Dozens of others offered encouraging comments, prayers, and asked about Katie on a Saturday morning run while she was still in the hospital.

I hope that anyone who has to go through a similar situation gets to experience the encouragement I did as I saw runners pull together to help someone going through a tough time. And I pray I'll have the opportunity to give back what's been given to my family!

# THE 1200 MILE CLUB

## May 1200 Milers

Last	First	Total	May	Apr
Adams	Audrey	308.4	100	
Adams	Clell	594	113	103
Adams	Tammy	247		
Affuso	Olivia	487	74	111
Allen	Darnell	294.8		
Anabtawi	Sam	88		
Andress	Jennifer	591	127	118
Armstrong	Tommy	183.1	20	0
Arrington	Donna	494.4	94.3	107.9
Atkins	Brian	775.3	202	185
Ballard	Bill	617.4	101	125
Barry	David	420.5	77	96
Barry	Heather	405	57	64
Belcher	Michelle	423.45	63	82
Benner	Kimberley	441	98	93
Benson	Wayne	300		
Bertram	JR	336	76	48
Blankenship	Barry	565.38	144	114
Bonatz	Ekkehard	1194	225	287
Booher	Lisa	553.07		131.45
Bradley	John	616	106	124.5
Bradshaw-Whittemore	Al	532.8	80.5	104.3
Brakefield	Cheryl	435.8	45	100.8
Broussard	Julie	293.45		
Brown	Charlie	554.05	107.8	116.36
Brown	Sean	219		72
Browne	Shannon	290.9		
Burke	Chad	872	181	165
Burnette	Jack	381.4		69.1
Burris	Mark	734	121	153
Burson	Steven	399.45		
Caldwell	Greg	355.8	16	60
Chandler	Teresa	514	107	118
Choat	Julie	523	62	116
Clay	Brad	1102	252	202
Coffee	Mitch	637.92	79.92	133.71
Corrin	LaRonda	208.95		46.25
Corrin	Roger	418.05	100.55	83
Crawford	Jennifer	376		
Creed	Brad	522	106.4	112.3
Crumpton	Dan	579.97	127.57	138.6
Darden	Amber	177		
Davis	Wayne	754	91	168
Dean	John	187		
Dease	Katherine	506.64	68.23	100.03
Denton	Matt	600.75	144.75	106
DiMicco	Al	581	117	102
Dodson	Brooke	548	115	115
Dortch	Cherie	268.83		
Dunham	Kelly	561.2	140	97
Dunn	Wade	660.7		
Engels	John	479.2	99.8	79.9
Ensminger	Stephanie	557.36	68.7	72
Estes	Jeff	384	80	81
Evans	Debbie	632.3	155.6	127.3
Evenden	Sally	585	135	100
Farrell	Meredith	107		
Fasking	Greg	509.9	107	102
Fell	Amy	716.5	205	175
Feller	Beth	652.2	96.5	158.6
Fite	Rebecca	653.27	104.15	107.59
Fondren	Matt	1202	315	180
Ford	Joe	542	116	119
Foster	Michelle	497	100	125
Franklin	Shane	522.26	95.91	102.71

Last	First	Total	May	Apr
Frederick	Winston	771	173	143
Ganus	Jack	515	107	101
Gann	Michael	580	40	51
Gash	John	401	90	93
Geisen	Jonathan	507	112	102
Gillis	Sam	489.5	13	33.5
Givan	Marcus	294	122	60
Glaub	Chris	419	55	72
Goode	Johnny	721	175	149
Gray	Todd	480.5	96.2	93.3
Greene	Michael	343.49		
Gremmels	Jennifer	435.42	99	104
Grossmann	Christopher	531.66	74.23	92.99
Guenster	Dirk	381.55		63.8
Gullapalli	Satya	446.7	121.6	84.8
Hallmark	Daryl	482.3	102	106.3
Haralson	Danny	616	145	118
Haralson	Micki	737.5	203	180
Hargrave	Alan	481	103	67
Harrelson	Kitty	393.2	103.1	67.3
Harris	Robert	244.25		
Harris	Vickie	482	87	91
Harrison	Lisa	601.1	128	128
Hartfield	C. Meade	487	96.1	87.4
Hathorne	Chad	326.74		58.88
Haugh	Spencer	532.1	78	93.3
Heaton	Bryan	605	107	139
Hedrick	Nicole	502.2	89	78.2
Hickerson	Patrick	469	109	106
Higgins	Shane	508.6	122.8	65
Hiller	Russ	397.94	100.1	93.27
Hinton	Gretchen	281		83
Hollington	Kasey	613	119	120
Holman	Reannon	213.13	68	63.13
Home	Greg	94.1		
Honea	Todd	543	106	138
Hoover	Alison	348.68		
House	Beth	510.9	103.85	111.7
House	Mike	75.7		
Ingram	Joseph	349	79	65
Jackson	Terri	348.1		
James	Ryan	654	131	111
Johnson	Mark	513.5	80	94.5
Jones	David	88.5		
Kahn	David	437.5	68.87	88.17
Keith	Michael	527.57	88.4	145
Kirkwood	Teresa	499	100	112
Kuhn	Jimmy	670	140	146
Langston	Richard	616	121.7	115.7
Lee	Shilonqua	299.65		
Leek	Joshua	557	111	118
Lester	Treva	122		
Longoria	Joseph	541.98	82	71
Losole	Liz	507	108	98
Lucas	Jane	445.5	105	100
Lupinacci	Tim	478.5	101	110.1
Lyle	Randy	1005.8	209.3	169.6
McCalley	Charles	117.7		
McCarthy	Nicole	598.11	104.46	132.02
McConnell	Kim	381.65	91.5	67.25
McMahon	Mary Lee	382.6		70.2
McShan	Kenny	640.91	118	130.34
McTune	Mark	1167.84	243.5	236.4
Meadows	Bryan	482.83	97	67
Merry	Vicki	856.8	204.8	170.2

# THE 1200 MILE CLUB

## April 1200 Milers

Last	First	Total	May	Apr
Millican	Randy	554.92	104.4	71.7
Milsap	Lanier	504.96	111.4	100.66
Miner	Caitlin	941	169	205
Morgan	Cary	1205	288	255
Morgan	Danielle	482.4	31	102.2
Morgan	Phil	661.4	87	123.2
Morrow	Alex	642.79	96.14	135.8
Myers	Bill	605	156	116
Noerager	Brett	440		
Northern	Kristie	696.7	136.65	151.3
Oliver	Greg	480.26		92
O'Neal	Alicia	71		
O'Neil	Ray	515.09	150	112
Osterbuhr	Tom	515.5	60	73
Parr	Michele	315	55	74
Pasqualini	Ellie	293		82
Pasqualini	Greg	48		
Patterson	Carrie	604	123	115
Patterson	Cathy	688.3	151.5	145.6
Pattillo	Jim	397.03	73.28	70.34
Pearce	Julie	450.18		101.3
Perry	Jeff	988.5	154	177.2
Pezzillo	Kate	285		
Phillips	David	110		
Phillips	Stefanie	211	86	10
Plante	David	732.5	154	130
Porter	Chilton	48		
Randall	Lisa	703	134	141
Reisinger	Kaitlin	405		103
Roberts	Tim	479.5	100.4	108
Rose	Jamiko	202		
Russell	LaShandra	154.04		
Russell	Tom	527.85	117.5	107
Rutherford	Keith	600	150	135
Sample	Holly	576	110	122
Shinn	Ron	183.49		21.81
Silwal	Suman	720.9	171.5	142.9
Sims	Debbie	89.46		
Sims	Kyndle	800		
Smith	Jerry	535	108	112
Stearns	David	532.8	112	117.2
Stockton	Rick	592.23	135.15	124.24
Stroud	Vanessa	738.6	173.3	169.3
Talley	Beau	305	28	20
Taylor	Trey	602	84	77
Thomas	Eric	229.3	60.9	40.17
Thornton	Dean	629.6	123	109.3
Thursby	Vann	503.57		132.8
Turner	Chris	95		
Vandrell	Richard	246		73
Wagnon	Bill	606.25	137.62	126.88
Wall	Ron	677.4	142.6	132.3
Washburn	Kevin	271.14	93.98	57.88
Weisberg	Scott	544	147	142
Whatley	Prince	1353.2	338.6	298.9
Williamsom	Chad	682.35	133.74	124.97
Wilson	Barrie	503	103	112
Witter	Jamie	713.56	97	99.56
Woods	Cindy	283.3		
Woody	Bill	739	148	137
Wu	Xing	390.48		106.04
Yancey	Lisa	297	20	56
Zehnder	Justin	804	138	165
Zenker	Chris	727.5	131.5	116

Last	First	Total	May	Apr
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# BIRMINGHAM TRACK CLUB REWARDS PROGRAM

Great volunteers make a great race possible! The BTC is dedicated to rewarding our hardworking volunteers and we are excited to offer the following rewards program.

## VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

- Receive a free race t-shirt.
- Receive a free BTC volunteer shirt.
- Your name will be entered into a drawing for a gift card.

## VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

- All of the above.
- Plus, 1 free pre-registered entry at a BTC sponsored race.

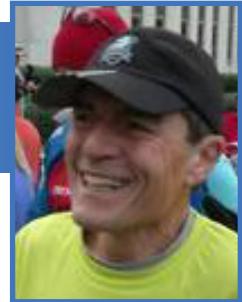
## VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

- All the above.
- Plus, free individual BTC Membership!

If you are interested in volunteering for the BTC at one of our events or races, please send an email to Mark Burris at  
**VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM**

# RUNNING SHORTS

—by Al Dimicco



If you train “on empty”, just rinsing your mouth with a sports drink can reduce the feeling of fatigue and improve performance by 3%... At the beginning of this year, there were 2,336 Microbreweries registered. They increase by about one new brewery per day... The average person will eat about 3 tons of food in his or her lifetime – that’s about 1500 pounds of food per year... On July 23rd, Mark Covert of California will end his streak of running every day for the last 45 years... When running on a treadmill, set the incline on 1.5%-2.5% to offset the moving surface and lack of wind resistance... A Starbucks “Grande” sized coffee has 320 milligrams of caffeine, over 4 times the amount found in a Red Bull... The World Record for the mile is 3:43:13 – that’s an average of 55.6 seconds for each of 4 laps around a track. The World Record for the marathon is 2:03:02 – that’s an average of 69 seconds for EACH of 105 laps... The average British tourist gains 8 pounds during a two-week trip to the US according to a 2011 survey... The best recovery tool for runners is your own bed – sleep will do more for your recovery than the baths, socks, etc... Jams and jellies are

almost pure sugar... Five men broke 2:05 in the Dubai Marathon in January... In 2000, Japan named Instant Noodles their best invention of the 20th Century... The more muscle mass you have, the more calories you burn at rest... A can of Diet Coke will float in water, while a can of regular Coke will sink... At the Wife Carrying World Championships in Finland, the first prize was the wife’s weight in beer... For a brief period of time in 2011, Apple had more money than the US Government... A “Buttload” is an actual measurement of volume – Equal to 126 gallons... Champion runners will lose about 0.5% of their VO2 Max per year even if they train vigorously. Fit older men (ages 50-70) tend to lose 1.5% per year...

**SEE YOU NEXT MONTH!**

# DOUBLE MARATHON, SAY WHAT?

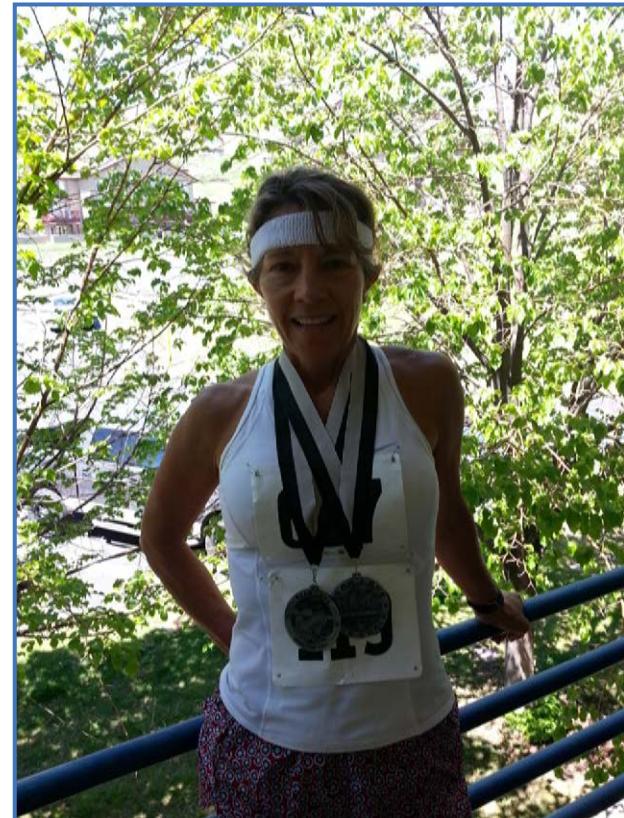
— by Micki Haralson

Yes, you read it correctly, a DOUBLE marathon – back to back marathons barely 24 hours apart. That was the challenge Danny and I set for ourselves when we were determining our goals for 2013. There was an article in Runner's World touting "little heard of but great events to consider", or something like that, and the Bear Lake Back to Back Marathons on June 7<sup>th</sup> and 8<sup>th</sup> was the event at the top of the list. Danny thought it would be a great challenge for us and like a good wife, I said "OK". We both wanted a unique, invigorating, kind of challenge, considering we both were on the comeback trail as we began 2013 – Danny coming back from knee surgery and me coming back from a broken ankle. Since I'm running a marathon in all 50 states, this would be a great way to get TWO states in ONE trip! So after a little discussion, we put it on the calendar, registered for the races, and created our training plan.

Our mileage built from a base of about 110-130 miles a month in January and February and March, to 180 in April and 200+ in May, with back to back long runs on the weekends. We tried to build up to 15/18, 17/20, 19/22, but with all the spring thunderstorms, we didn't get all of the double long runs in as planned. So the final training weekend on Memorial Day weekend hosted a 20 miler on Saturday, 15 miles on Sunday and 10 on Monday. If we weren't ready now, too bad . . . it was taper time.

We were scheduled to leave for Garden City, Utah, on Thursday morning at 6:30am, which meant up at 4:30 to arrive at the airport at 5:30. Shortly after rising, amid last minute packing, we received an email notification of our cancelled flights. WHAT??? We were running a marathon in about 24 hours so we had to get to Utah! Delta re-routed us to fly out at 1pm to Detroit, switch planes there (with only 40 minutes to find our new gate and board), then on to Salt Lake City. We arrived in Salt Lake around 7:30. After getting our luggage and rental car, we left the airport at 8:30 on our three hour trip to Garden City. We arrived in Garden City at 11:30pm, picked up the key to our room, stopped at a 'quick mart' for water, bananas, and chocolate milk, then made our way to our room. Finally, we made it to bed by 1am.

When the alarm went off just 3 ½ hours later at 4:30am, I really had to question if we could run a marathon with so little sleep, very little food from the day before, and probably a bit dehydrated from our flights and our elevation now at 6300 feet above sea level! Then to add insult to injury, the weather forecast changed from lows in the high



40s going up to the 60s, to a high now of 85! Heat wave in Utah – wouldn't you know it! (Those of you who have taken marathon trips with us in the past, especially Kenny Harkless and Al Dimicco, know that Danny somehow manages to find the hottest marathons!) So, a bit blurry-eyed, we drove to the start line with a game-time decision of me attempting the marathon while Danny would cut back to the half. (After some serious health issues in the past from high heat, Danny and I made a pact that he would never again start a marathon that is forecast to reach 70 degrees or higher. Bear Lake now fit that criteria.)

We get to the start line, get our bibs and shirts, and joined the line for the porta potty. After a few minutes, we noticed some of the runners just taking off at different times. The race director came over and told us they were very laid back at Bear Lake Back to Back Marathons, and they were letting runners who planned to walk or walk/run part of the course, start early. As soon as all runners finished at the porta potties, he would start the race. Then suddenly, ALL the other runners took off, so the race director looked at those of us in line and said "don't worry – we'll subtract a



few minutes from your finishing time. Just remind us when you finish that you were in the potty line." So as the last of us exited the porta potties, we took off at our own start time. Laid back seemed to be an understatement!

Danny and I ran together for the first 6 ½ miles, enjoying the beautiful Bear Lake, the rural country roads and the view of snow-capped mountains, even in June! The road kill, the bugs, and the cloudless sky as the sun made its way over the mountain, not so much. As planned, Danny turned back, and I continued on to the 13.1 turnaround. This part of the course was very rolling, but not many steep or long hills, so I managed the terrain pretty well. When I turned around and headed back, I realized that I had not seen one single mile marker along the way. I remembered several landmarks, but not where they fell mileage wise, so to be honest, the back half of the marathon was a bit frustrating, never knowing exactly where I was or how far I still had to go. Once back on the main highway (where they were doing construction, no less), I knew I had about a mile to go. It was hot, no clouds, no breeze, and I was really tired. My body kept telling me to take it easy since I hadn't run a marathon since last October. The heat and fatigue kept pushing me to just get finished! When I got to the finish line (a metal folding chair with a volunteer using a stopwatch and three orange pylons), I was so happy to be done. One marathon down and one to go. I hoped . . . I was truly beat and was wondering if I was really going to be able to pull this double off.

We went back to the hotel, soaked our legs and hips in the pool while drinking our chocolate milk, then showered and decided it was time for lunch. Cooper's, a sports bar/clubhouse at a golf course on the side of the mountain facing Bear Lake, was our place of choice and we were not disappointed. On top of the beautiful vistas off the back deck, the food and beer were awesome! (How about black

and tan battered onion rings?) We left very full and satisfied, now ready for a nap!

Back in the room, I laid down with a book while Danny checked out ESPN and we rested and hydrated for a couple of hours. Packet pick-up for the next day's event began at 5:30pm so we drove into town, picked up our packets and went to one of the few restaurants in the small town of Garden City, which happened to be a pizza parlor. We ordered a pizza and a large salad to go, so we could get to bed early and stay off our feet as much as possible. Again, our food was REALLY good and we felt a little revived. Amazing what rest, nutrition and hydration can do for a runner, huh?

We made it to bed by 8pm, got up at 4:15 the next day to catch the bus at 5:30am, for the round two of the double. The bus drove us the whole marathon route, since day 2 was a point to point course. Lots of hills and a couple of mountainsides seemed to be part of the course, but in the early morning it was hard to see for sure, especially since I was sitting on the floor of the bus! The organizers had only ordered two buses for the marathoners, so we had to crowd in as best we could. I refused to stand the whole way, so several of us decided the floor was our only option as all the seats were taken. We arrived at the starting area about 45 minutes later, and everyone headed for the porta potties. Today was different though – there was a bit of a start line AND we started at the same time, sort of. There were still several marathon maniacs and 50 Staters that started as soon as the bus stopped since they planned on being on the road awhile. The rest of us took off about 6:33am.

My legs were heavy as I started out on my second marathon, and I guess that was to be expected. We ran in the shade of the mountain for most of the first half with the beautiful aquamarine lake to our right. There was a tail wind, one you could actually feel for a few miles, which helped greatly, and as I eased into somewhat of a groove after about two miles, I began looking for mile markers. I did not want to guess where I was for the whole race. About that time, a sign to the left said **24 miles to go**. So from that point on, the mile markers (when there was one) counted down the mileage, which was unique to all the other marathons I've run. I knew Danny was starting the half around 7am, and I hoped he had shade since the temperature was climbing fast. However, when I reached the marker of 10 miles to go, we were definitely in all sun, all the time, and to make matters worse, they turned us onto a dirt road. Not a lot of traffic on this road, but just the two pickups that went past me raised enough dust to coat me and make me cough a while. Fun times! As we made our way back to the highway, the marker read **8 miles to go** and we started



going up, along the highway with no shoulder to speak of. And we kept going up past the **10k to go** marker, the **5 miles to go** and the **4 miles to go** marker, with traffic buzzing by us the whole time. By this time, I was feeling more than a twinge in my right soleus/Achilles and stopped to try and rub out the problem at a scenic overlook. I didn't get much relief, so decided the last 4 miles were going to be as slow and easy as I could make them. I was too close now to stop. With **3 miles to go**, we started down the other side of the mountain and the heat just kept climbing.

With **two miles to go**, we entered a bike lane, which helped a lot. Too bad this wasn't available the last 10 miles! Then with about a mile to go, my sweet husband appeared on the side of the road, yelling his encouragement and praise, telling me I had to just go around the bend and into the park. He was right – just around the bend, cross the street, and into the park, was the big red inflatable finishers' arch. I wobbled through it, received my medal, and fell into Danny's arms. I had run two marathons in two days, and I was beat and an emotional mess! But Danny, my biggest fan, was there for me, as he is always, and helped me to my finisher's shirt and the post race refreshments. We didn't hang out long. For one reason, there wasn't much there, and the other reason was I just wanted to shower the dust off and get out of the heat.

Back at the room, we showered, packed, and loaded the car for our drive back to Salt Lake City. Attired in compression shorts and socks, we drove the 3 hours back to the big city and checked into our hotel. We wanted a nice dinner and adult beverages to celebrate! After checking out a local

brew pub and not finding exactly what we wanted, we tried the Red Rock Brewery and Restaurant and had a very nice evening. But it was a short evening. We were whipped!

Sunday morning we went for a walk to Starbucks to see if we could get rid of some of the kinks, and to enjoy our favorite AM beverages. The walk helped a little, but Danny's white mocha and my soy chai were much better medicine! We were still extremely tight and moving slowly, so sustenance was necessary. We indulged in a large breakfast back at the hotel, took our time packing up, then headed to the airport to turn in the rental and head home.

No cancelled flights and only one delay in Atlanta for the trip home. Thank goodness! Now for a week of rest, then ease back into active recovery – oh, and plan our next big marathon adventure! (I can only hope the weather and the airlines cooperate a little better next time ☺)



# BTC RUNNING GROUPS

## Black Girls Run

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner walker to 8 minute milers. There is no fee to join and they are always taking new female members.

Contact Olivia, [oaffuso@gmail.com](mailto:oaffuso@gmail.com),  
Alexis, [petitlagniappe@hotmail.com](mailto:petitlagniappe@hotmail.com),  
or Jeralyn, [jerelynpowell@hotmail.com](mailto:jerelynpowell@hotmail.com),  
or visit [www.blackgirlsrun.com](http://www.blackgirlsrun.com), or find the local chapter Black Girls RUN! Birmingham on facebook <http://www.facebook.com/groups/249831688374975/>

## Norm's Gnomes

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

E-mail Jennifer [andressk@bellsouth.net](mailto:andressk@bellsouth.net)  
or Tim, [timr71@att.net](mailto:timr71@att.net).

## The Village Runners

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier!

Find them online at  
[www.facebook.com/groups/thevillagerunners](http://www.facebook.com/groups/thevillagerunners)  
or email Dave [vp@birminghamtrackclub.com](mailto:vp@birminghamtrackclub.com)  
or Randy [treasurer@birminghamtrackclub.com](mailto:treasurer@birminghamtrackclub.com)

## The Evening Runners

The Evening runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group.

Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group. You can also contact

## BTC Saturday Morning Long Run (Natalie's Marathoners)

This group began as Meredith's Marathoners in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Natalie Ferguson and the BTC with members dropping water along the route. Paces range from 9:00 to 11:00. Distances for Saturday morning runs range from 10 to 22 miles. This is not a group for beginners.

See [www.birminghamtrackclub.com](http://www.birminghamtrackclub.com) for information.

## Run University's Couch to 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases.

The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact [rununiversity@gmail.com](mailto:rununiversity@gmail.com) or visit [www.rununiversity.com](http://www.rununiversity.com) or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>

## Fleet Feet's Beginner 5K Group

Fleet Feet in Cahaba Village offers a beginners running program coached by Will Rodgers. If you have never run before or if you are just getting started and need a group for motivation and advice, this is the group for you. The group meets at various locations throughout the city and surrounding suburbs. Each session lasts 10-12 weeks. Currently, Fleet Feet offers two programs per year targeting a spring and a fall race in Birmingham. A small fee beginning at \$80 covers coaching and water stops.

Contact [Will@fleetfeetbirmingham.com](mailto:Will@fleetfeetbirmingham.com)

## Helena Endurance Running Group

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost.

More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/>

## Shijenben Running Group

This is a veteran long run group, training for half and full marathons and moonlighting as triathletes in the off season. They have been running together for over 2 years and paces range from 8:30 to 12:00 minute miles. The regular group has about 65-70 runners with 160 on the group e-mail list. They also meet for Sunday morning bike rides.

You can e-mail [shijenben@gmail.com](mailto:shijenben@gmail.com) to be put on the weekly long run group list, or find them on Facebook. They are an open group.

## Regular Runners

The Regular Runners are a group that trains for various distances with their long runs beginning at 13 miles on Saturday Morning. During the week, they have shorter runs in the Hoover Area. Paces range from 9:00 to 12 minute miles with some members using the Gallaway run-walk method and others just running. Saturday Morning Long Run attendance averages 30 members with about 60 on the e-mail distribution list.

To join this group and receive the weekly e-mails, send a message to David, Harry, or Jay.

## Downtown Running Club

Not only do they not want to drive over the mountain for a run, but they don't want to do it at 6 a.m.! This group meets at Paramount Cafe (200 20th street N) on Saturday mornings for a run around the city. They are open to all paces.

For more information, e-mail Brian at or find them on Facebook.

## Black People Run Bike and Swim

BPRBS It is so important to move! Black People Run Bike And Swim is not an "exclusion" it is an "awareness" of the reality in which education, exposure, and disparities affect us in ways that are at times not recognized or understood. Our group meets weekly to battle obesity in the form of activity.

Like us on Facebook, Follow us on Twitter, or Email us Jerri, Shirley, or Patrick for more information or schedule of events.

# RUNNING TIDBITS

— Compiled by Randy Lyle



## Quotes

“Jogging is very beneficial. It’s good for your legs and your feet. It’s also very good for the ground. It makes it feel needed.”

~ Charles Schulz, American cartoonist best known for the comic strip “Peanuts”

“The only reason I would take up jogging is so that I could hear heavy breathing again.”

~ Erma Bombeck, American humorist who published 15 books

“I used to jog but the ice cubes kept falling out of my glass.”

~ David Lee Roth, American rock vocalist, songwriter, actor, author and former radio personality

“No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes”

~ Don Kardong, noted American author and runner

“If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise.”

~ P.Z. Pearce, Director of Sports Medicine at Champions Sports Medicine in Spokane, Washington

“You also need to look back, not just at the people who are running behind you but especially at those who don’t run and never will...those who run but don’t race...those who started training for a race but didn’t carry through...those who got to the starting line but didn’t get to the finish line...those who once raced better than you but no longer run at all. You’re still here. Take pride in wherever you finish. Look at all the people you’ve outlasted.”

~ Joe Henderson, former Chief Editor of Runner’s World magazine

## Tidbits

### You Know You’re a Runner When...

Source:<http://running.about.com/od/runninghumor/a/knowyourearunner.htm>

One of my favorite comedians is Jeff Foxworthy. I love his “You Might Be a Redneck If” jokes. I guess that is because I can relate to just about all of them. Like rednecks, runners have some quirks that are understood by most other runners but misunderstood by almost everyone else. I do not think any of us can argue that runners have an unusual way of looking at life. As runners, we all have some traits that non-runners think are just crazy. Sometimes, even other runners have trouble understanding why we do what we do. Since you are probably a runner, you may be able to relate to and appreciate the following list that I ran across recently.



# Tidbits cont.

## You Know You Are a Runner When:

1. Your first thought when you look at the weekly weather forecast is, “When can I fit in my runs?”
2. You have more running clothes than regular clothes in your laundry basket.
3. You have lost a toenail. AND you tell other people, “It is not that bad.”
4. You smirk when non-runners ask you, “So how far is that marathon?”
5. You have a drawer or box full of medals and other race memorabilia that you are not sure what to do with.
6. You go into a Starbucks more often to use the restroom than to actually buy coffee.
7. You stop making fun of fanny packs because your running belt looks just like one (although much cooler).
8. You have a line in your budget for “Race Entry Fees/Race Travel.”
9. You get an invitation to a wedding and automatically think about what race conflicts with the date.
10. You have dreams about showing up to a race late or not wearing any clothes.
11. The salespeople at your local running store know you by name.
12. At least one of your usernames or email addresses has the word “run” or “runner” in it.
13. You know where your iliotibial band is located.
14. You no longer hate port-a-potties. In fact, there have been times when you were very happy to see one.
15. You wear your running watch even when you are not running.
16. You spend more time researching running routes than local restaurants when traveling to a new city.
17. Your physical therapist’s receptionist knows you by the sound of your voice on the phone.
18. You know where exactly one mile is from your front door (in any direction).
19. You know how to correctly spell and pronounce plantar fasciitis.
20. You own more pairs of running socks than dress socks.
21. You have perfected the art of snot rockets.
22. You have more fun shopping for running clothes than you do non-running clothes.
23. When you hear PR, you automatically think “personal record” rather than “public relations.”
24. You keep running clothes and an extra pair of running shoes in your car, “just in case.”
25. You can fill your Christmas wish list at any running or sporting goods store.
26. One of the first things people ask you when they have not seen you in a while is, “What race are you training for now?”
27. You have several drawers dedicated to running shirts.
28. You get excited when the new Runner’s World comes in the mail.
29. Your Facebook or Twitter updates frequently involved running.
30. The only recent pictures of you alone are race photos.
31. You always have your next race on the calendar.
32. Your runs are sometimes longer than your commute to work or school.
33. Your running partners know more about your bodily functions than your significant other does.
34. You get jealous when you are driving in your car and pass runners.
35. You spent more time researching a running watch than you did your car.

## Tidbits cont.

- 36.** You want to either cry or punch your doctor in the face when he tells you that you cannot run for two weeks.
- 37.** You are excited for your next birthday because it means you will move up to a new age group at road races.
- 38.** You know the location of every convenience store, public restroom and water fountain in running distance from your home.
- 39.** You get annoyed seeing that your GPS watch is still “Locating Satellites.”
- 40.** You wear t-shirts with funny running slogans.
- 41.** Your first question to your doctor or surgeon is, “When can I run again?”
- 42.** You get excited when the race swag is a technical shirt (OR a cotton shirt once you have too many technical shirts).
- 43.** When someone passes you during a training run, you assume they are running a shorter distance than you are.
- 44.** You have a mental list of comments you hate hearing from non-runners.
- 45.** When you hear the word “bib,” you think about a race number, not a baby.
- 46.** You spend more money on running clothes than work or casual clothes.
- 47.** When you hear a song from your running playlist on the radio, you immediately feel like running.
- 48.** The only time major household projects are done is during tapering or race recovery.
- 49.** You wear running clothes as pajamas as to not waste any time getting out the door in the morning.
- 50.** You always wear running shoes because your old running shoes are now your “kicking around” shoes. You have a pair of shoes just for racing, a pair of trail running shoes, two pairs of trainers to alternate every other run, and you know the exact mileage of them all.

# \*PROPOSED\*

## AMENDED BY-LAWS OF BIRMINGHAM TRACK ORGANIZATION

(Adopted June 22, 2013)

### ARTICLE I: GENERAL PROVISIONS

#### A. Name and Duration

The name of the organization shall be the Birmingham Track Organization (herein "the organization"). The period of duration of the organization shall be perpetual.

#### B. Purpose and Objective

The primary purpose of this organization shall be the education and training of individuals in and around the community of Birmingham, Alabama, as to the benefits of jogging and running for fitness, health and recreation.

#### C. Not-for-Profit Operation

The organization shall at all times be operated on a not-for-profit basis. No Director, officer, member, or employee of, or person connected with the organization, or any other private individual, shall receive at any time any of the net earnings or pecuniary profit from the operations of the organization, provided that this shall not prevent the payment of any such person of such reasonable compensation for services rendered to or for the organization in effecting any of its purposes as shall be fixed by the Board of Directors; and no such person or persons shall be entitled to share in the distribution of any of the corporate assets upon the dissolution of the organization.

### ARTICLE II: MEMBERSHIP

Membership in the organization shall be controlled by rules established by the Directors. All members will pay annual dues in the amount set by the Directors. Dues shall be paid upon joining the organization and thereafter on an annual basis on November 1 of each year. Applications shall be filed with the organization secretary or his/her designee. The dues structure shall be published annually in the January Newsletter. The Directors shall have the right to refuse membership or expel members for actions inconsistent with the purposes of the organization. Only members in good standing shall be allowed to vote at annual and special meetings of the membership, serve on the Board of Directors or committees, or represent the organization at external events or to other organizations.

## ARTICLE III: MEMBERSHIP MEETINGS

### A. Annual Meeting

An annual meeting of the members shall be held on the first Saturday in the month of December in each year, or as soon as practicable thereafter, for the purpose of electing officers and directors and for the transaction of such business as may come before the meeting.

### B. Special Meetings

Special meetings of the members, for any purpose or purposes, not otherwise prescribed or prohibited by law or statute, may be called by the President or the Board of Directors. Roberts Rules of Order shall serve as the guideline for conduct of meetings in any matters not specifically covered by these by-laws.

### C. Notice

Meetings shall be held in the State of Alabama. Notice stating the place, day and hour of the meeting and in the case of special meeting, the purpose or purposes for which the meeting is called, shall be posted not less than thirty days before the date of the meeting. Said notice shall be normally published in the organization Newsletter and distribution of the newsletter shall be sufficient notice in all cases. Such notice shall also be deemed to be delivered when communicated through appropriate utilization of electronic means. A good faith effort shall be made to deliver notice to members without access to electronic communication via the United States mail, addressed to such members at addresses as they appear on the records of the organization, with postage thereon prepaid. Those members present at the meeting of members who are entitled to vote at such meeting shall constitute a quorum. Each member shall be entitled to one vote upon each matter submitted to a vote at a meeting of members.

## ARTICLE IV: OFFICERS

### A. Officers and Directors

The four officers of the organization shall be: President, Vice President, Secretary and Treasurer. The officers shall be elected at the annual meeting and shall serve as Directors along with the Past –President who shall also be a Director, collectively, the Board of Directors. The elected officers shall be elected at each annual meeting from a list of candidates proposed by the Nominating Committee and from any candidates nominated from the floor. A majority of those voting shall control and if no candidate receives a majority, the two candidates receiving the highest number of votes shall immediately be voted on with the candidate receiving the highest number of votes elected. Votes may be by secret ballot.

### B. Powers and Duties

The Board of Directors (herein the “Directors”) may designate an Executive Committee which will function as provided in Article V. The Directors shall have the exclusive right to act on behalf of the

organization. The management of the organization, however, shall be by the Executive Committee as provided at Article V. The right of the Directors to act includes but not limited to exercise of the following powers. The Directors shall designate one or more committee heads for the various committees as hereinafter provided in Article V. The committee heads shall have, and may during intervals between the meetings of the Directors and the Executive Committee exercise, the powers delegated to them by the Directors and the Executive Committee in the management of the business and affairs of the organization and may have power to bind the organization when specifically authorized to do so. The designation of any such committee head and the delegation thereto of authority shall not operate to relieve the Directors, or any member thereof, or the Executive Committee of any responsibility imposed upon it or him by law. The Directors shall have the authority to veto, by a majority vote, any decision by the Executive Committee or any committee head.

#### C. Terms

Each officer and director shall hold office until the next annual meeting of members or until his successor shall have been elected and qualified. Except as otherwise provided in these by-laws, a vacancy in any office shall be filled by the President with the approval by the Executive Committee for the unexpired portion of the term. Any officer elected or appointed by the members may be removed by the Directors (Subject to reinstatement by 2/3 of the members) whenever in its judgment the best interest of the organization will be served thereby.

#### D. President

The President shall:

- 1) be the principal executive officer of the organization, and unless otherwise determined by the members of the Board of Directors, shall preside at all meetings of the Board of Directors;
- 2) sign any deeds, mortgages, deeds of trust, notes, bonds, contracts or other instruments authorized by the by the Board of Directors to be executed, except in cases in which the signing and execution thereof shall be expressly delegated by the Board of Directors or by the by-laws to some other officer or agent of the organization, or shall be required by law to be otherwise signed or executed; and
- 3) In general perform all duties incident to the office of the President and such other duties as may be prescribed by the Board of Directors from time to time.

#### E. Vice President

In the absence of the President or in the event of his inability or refusal to act, the Vice President shall perform the duties of the President, and when so acting, shall have all the powers of and be subject to all the restrictions upon the President. The Vice President shall also perform such other duties as from time to time may be assigned to him or her by the Board of Directors.

#### F. Secretary

The Secretary shall:

- 1) keep the minutes of the meetings of the Board of Directors in one or more books provided for that purpose;
- 2) see that all notices are duly given in accordance with these by-laws or as required by law;

- 3) be custodian of the corporate records and of the seal of the organization and affix the seal of the organization to documents, the execution of which on behalf of the organization under its seal is duly authorized in accordance with the provisions of these by-laws
- 4) Keep a register of the names and post office addresses of all Directors;
- 5) Keep on file at all times a complete copy of the Articles of Incorporation and by-laws of the organization containing all amendments thereto (which copy shall always be open to the inspection of any Director), and at the expense of the organization, forward a copy of the by-laws and all the amendments thereto to each Director.

**G. Treasurer**

The Treasurer shall:

- 1) keep general charge of the books of the organization;
- 2) have charge and custody of and be responsible for all funds and securities of the organization;
- 3) be responsible for the receipt and the issuance of receipts for all moneys due and payable to the organization and for the deposit of all such moneys in the name of the organization in such bank or banks as shall be selected by the Board of Directors.

**H. Past President**

In addition to his/her duties as a Director, the Past President shall chair the Nominating Committee and assist with the organization's annual awards and recognitions. The Nominating Committee shall consist of at least three members of the Executive Council and two Members-at-large. It shall meet within sufficient time in order to provide a slate of officers for the Annual Meeting.

**I. Bonds**

The Treasurer and any other officer or agent of the organization charged with the responsibility for the custody of any of its funds or property may give bond in such sum and with such surety as the Directors shall determine. The Directors in their discretion may also require any other officer, agent or employee of the organization to give bond in such amount and with such surety as it shall determine.

**J. Prohibitions**

Notwithstanding any other provision of these by-laws, no Director, officer, member, employee, or representative of this organization shall take any action or carry on any activity by or on behalf of the organization not permitted to be taken or carried on by an organization exempt under Section 501 (c) (3) of the Internal Revenue Code and its Regulation.

**ARTICLE V: COMMITTEES**

**A. Executive Committee**

The business and affairs of the organization shall be managed by its Board of Directors to the extent set out in Article IV, Section B. Except as so limited, the Executive Committee shall be allowed by the Directors to exercise management authority of the organization and shall vote on all business decisions except those left to the specific discretion of the Directors. Any decision or actions of the Executive Committee is subject to veto by a vote of the majority of the Directors.

**B. Composition of Executive Committee**

The Executive Committee shall consist of the five members of the Board of Directors, the Parliamentarian, and the heads of the following Committees: the Road Race Coordinator(s), the Social Committee, Vulcan Run Race Director, the Volunteer Coordinator, the Newsletter Editor, and the Membership Committee. The committee heads may appoint track organization members to serve on their committee. The committee heads shall attend monthly business meetings along with the other members of the Executive Committee and each shall be allowed to vote on any business authorized to be conducted by the Executive Committee. A majority of those present shall control in any vote by the Executive Committee, subject to the veto of the Directors as set forth in Article IV, Section B.

**C. Meetings**

The Executive Committee may hold a business meeting once a month but must hold such a meeting once a quarter. Unless notices to be secret by a majority of the Directors, these meetings shall be open. Business needs that arise between meetings may be conducted remotely through other means of communication; however, the committee shall make a good faith effort to review the interim business at its next held meeting.

**D. Special Committees**

The Executive Committee shall have the power to set up certain special committees whenever it may be deemed necessary and in the best interest of the organization. Committees may be combined or otherwise modified where this action will better accomplish the purpose and objective of the organization.

## **ARTICLE VI: AFFILIATION**

The organization shall be affiliated with, and be a chapter of, the Road Runners Organization of America, and all measures adopted by that body must be considered by the organization. The organization shall pay such fees as are necessary to such organization, and shall take part in their programs whenever it is feasible to the organization's membership.

## **ARTICLE VII: FINANCIAL TRANSACTIONS**

**A. Contracts**

Except as otherwise provided by these by-laws, the Board of Directors may authorize any officer or officers, any committee head or any agent or agents, to enter into contracts, or execute and deliver

any instruments in the name and on behalf of the organization and such authority may be general or confined to specific instances; provided, however, that any contract, transaction or act on behalf of the organization in a matter in which a member, Director, or a officer, is personally interested shall be at arm's length, and provide further that no contract, transaction or act shall be taken on behalf of the organization if such contract, transaction or act is a prohibited transaction, or would result in the denial of the tax exemption under Section 503 or Section 507 of the Internal Revenue Code and its Regulations as they now exist or as they may hereafter be amended. In no event, however, shall any person or other entity dealing with the Directors or officers be obligated to inquire into the authority of the Directors and officers to enter into and consummate any contract, transaction or other action.

B. Checks and Drafts, etc.

All checks, drafts or other orders for the payment of moneys, and all notes, bonds or other evidence of indebtedness issued in the name of the organization shall be signed by such officer or officers, agent or agents, employee or employees of the organization and in such manner as shall from time to time be determined by resolution of the Directors.

C. Fiscal Year.

The fiscal year of the organization shall begin on the first day of January of each and every year and shall end on the last day of December of the year.

## ARTICLE VIII: INDEMNIFICATION OF DIRECTORS AND OFFICERS

In addition to and not in limitation to any other rights of indemnification and advancements of expenses, the organization shall indemnify and hold harmless each member, Director, officer and each committee member, now or hereafter serving the organization, from and against any and all claims and liabilities to which he may be or become subject by reason of his now or hereafter being, or having heretofore been, a member, Director, officer, committee member of the organization or by reason of his alleged acts or omissions, whether or not he continues to occupy such office on behalf of the organization at the time when any such claim or liability is asserted, and shall reimburse each such member, Director, officer, or committee member for all legal and other expenses reasonably incurred by him in connection with defending against any such claims or liabilities, including amounts paid or agreed to be paid in connection with reasonable settlements made before final adjudication with the approval of the Board of Directors, whether or not he continues to be such a member, Director, officer, or committee member at the time such expenses are incurred.

## ARTICLE IX: MISCELLANEOUS

A. Rules and Regulations.

The Board of Directors shall have the power to make and adopt such rules and regulations not inconsistent with law, the Article of Incorporation or these by-laws, as it may deem advisable for the conduct of the affairs of the organization.

B. Dissolution.

In the event of dissolution of this organization, the funds in the treasury, after all creditors have been

paid, shall only go to another non-profit tax exempt organization authorize with a 501 (c) (3) exemption as provided in the Articles of Incorporation of the organization.

## **ARTICLE X: AMENDMENTS**

The Board of Directors may not alter, amend, or repeal these by-laws of the organization or adopt new by-laws of the organization unless the members approve.



Are you a new runner just graduating from a Couch program wanting to continue your training? Are you an experienced runner wanting more manageable distances? Want a group to run with on Sat. morning? Then join us for a new program the BTC is starting in January. The Saturday Mod Run (Moderate Distance) will offer weekly 3 – 7 mile routes and a group to enjoy your continued training. Distances and routes will vary based on upcoming races. Look for more information on the BTC website.



## BTC Membership application

New member:

Renewal

#

Single membership:

Family

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender: M F (Circle)

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Family member e-mail: \_\_\_\_\_ Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: \_\_\_\_\_  
2. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / M F  
3. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / M F  
4. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

Pricing

			Single	Family
August 1	through	Oct. 31	\$30	\$45
Nov. 1	through	Jan. 31	\$24	\$36
Feb. 1	through	April 30	\$18	\$27
May 1	through	July 31	\$12	\$18

Signature

Date

Yes! I'd love to volunteer! My area of interest is \_\_\_\_\_.